



PROTOCOLS WHEN LEAVING YOUR HOME



1



Wear long sleeves.

2



Tie your hair, don't wear jewellery, make up or cream.

You will touch your face less.

3



If you have a mask, put it on just before you leave.

4



Try not to use public transport.

5



If you take your pet, try to avoid him/her brushing against surfaces

6



Take disposable tissues, use them to cover your fingers when you touch surfaces.

7



Crunch up your tissue, place it in a bag, close the bag then dispose of it.

8



If you cough or sneeze, don't do it in your hands or the air, do it into your elbow.

9



Try not to use cash, if you do, disinfect your hands.

10



Wash your hands after touching any object or use hand sanitiser.

11



Do not touch your face until you have clean hands.

12



Practice social distancing.